

What is claimed is:

1. A foamable oil-in-water type emulsion comprising the following (A) and (B):

(A) from 3 to 50% by weight of an oil phase comprising fat or oil containing from 1 to 69.9% by weight of triglycerides, from 0.1 to 9% by weight of monoglycerides and from 30 to 90% by weight of diglycerides, wherein 80% by weight or more of the fatty acids in the diglycerides are unsaturated fatty acids, wherein less than 40% by weight of the fatty acids in the fat or oil are saturated fatty acids, and wherein less than 10% by weight of the fatty acids in the fat or oil are trans acids; and

(B) from 50 to 97% by weight of a water phase, wherein the water phase comprises from 1 to 80% by weight of sugars, sugar alcohols, and mixtures thereof.

2. The foamable oil-in-water type emulsion according to Claim 1, the emulsion further comprising an emulsifier in an amount of from 0.1 to 5 parts by weight based on 100 parts by weight of the emulsion.

3. The foamable oil-in-water type emulsion according to Claim 1 or 2, the emulsion further comprising a protein in an amount of from 0.1 to 10 parts by weight based on 100 parts by weight of the emulsion.

4. The foamable oil-in-water type emulsion according to Claim 1 or 2, wherein the average volume particle diameter of the foamable oil-in-water type emulsion is from 0.9  $\mu\text{m}$  or less.

5. The foamable oil-in-water type emulsion according to Claim 1 or 2, the emulsion having a specific gravity of from 0.1 to 0.9 g/cm<sup>3</sup>.

6. A method of producing the foamable oil-in-water type emulsion according to Claim 4 or 5, the method comprising performing a high-pressure emulsifying treatment under a pressure of from 9.8 to 490 MPa.